

On Your Own: Making Smart Food Choices(Grades 3-5)

Lesson Overview & Objectives: Planning nutritious breakfasts and snacks can help provide children with the energy and nutrients they need to perform at school and on the athletic field to their best ability. The students will learn what constitutes healthy breakfasts and snacks. This lesson will allow the students to plan at least three nutritious breakfasts and snacks that can be easily prepared at home or chosen while "on the run".

Information for Educators: National surveys indicate that the majority of children are often preparing their own meals or snacks. Therefore, children need to realize why it is important to eat breakfast each morning and that their meals and snacks need to supply their bodies with the calories and nutrients for growth. More importantly, they need to know how to prepare nutritious meals and snacks. Healthful meals and snacks are ones planned from all layers of the Food Guide Pyramid (grains, fruits, vegetables, meat/protein, & milk/dairy). A nutritious breakfast includes a serving from at least three food groups. Lunch and dinner meals should have a serving from all five food groups. A healthy snack has a serving from at least two food groups.

Lesson Instructions: Review with the students what food does for our bodies (supplies the energy and nutrients bodies need for growth, and athletic performance). Generate a discussion on why is it important to make healthy choices (growth, energy for sports, and long-term good health). Ask the students how they feel if they forget to eat breakfast, skip a meal or go too long without a snack? What is their body trying to tell them (to eat regularly and choose nutrient-rich foods to be their best)? Review the tool for making healthy food choices, the Food Guide Pyramid, and how important it is to choose a variety of foods to supply their bodies with over 40 different nutrients each day. Review what makes up a healthy breakfast, lunch or dinner and snacks (see explanations in "lesson overview". Then have the students complete the work sheet. Additional activities could include reviewing food labels and looking for good sources (10% or more DV) of a key nutrient like protein, calcium, vitamin C or A. Hold a tasting party of new foods or break-the-fast party to emphasize the importance of expanding your food choices and breakfast. If your school has a breakfast program, have the entire class go for breakfast one morning. Review a month of school lunch menus and point out the variety of foods served in it.

Sample Breakfast Menus

(a serving from three food groups)

Bagel, yogurt and apple juice
String cheese, muffin, and banana
Leftover pizza and milk
Sandwich and chocolate milk
Waffle, strawberries and milk
Egg on toast and grapefruit juice
Burrito and orange juice

Sample Snack Menus

(a serving from two food groups)

cheese and crackers
apple and peanut butter
yogurt and strawberries
carrot sticks and cheese cubes
granola bar and milk
beef jerky and crackers
pretzel with cheese

Breakfast-It's in the Bag!

Breakfast fuels both your body and your mind. Breakfast helps gives you the "power" to perform well in school and on the sports field all day long. In planning a breakfast meal at home or on the go, enjoy foods from the Food Guide Pyramid. Choose a food serving from at least three of the food groups when planning a "power" breakfast.

Have a turn at planning some "power" breakfasts. Plan three easy and nutritious breakfasts to enjoy at home. Hint: Remember power breakfasts include a full serving from at least three food groups from the Food Guide Pyramid.

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| 1. | 2. | 3. |
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Now plan three easy "grab and go" breakfasts for those busy school mornings when you eat on the run!

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| 1. | 2. | 3. |
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If you find that you are short on time in the morning, list two things you could do to make sure you fit in time for a quick, easy and tasty breakfast at home or on the go.

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|----|----|
| 1. | 2. |
|----|----|

Snack Attack!

Snacks are an important way to keep your body fueled all day long. Think of snacks as "mini-meals" made up of the same kinds of nutritious food that you eat at breakfast, lunch and dinner. A smart snack includes a serving from at least two food groups from the Food Guide Pyramid. An example of a smart snack could be cheese and crackers, or an apple and peanut butter, or canned peaches and yogurt.

Now it's your turn to plan a snack! Plan three easy and nutritious snacks that you can prepare on your own at home. Hint: Remember to include items from at least two of the food groups for each snack you plan.

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| 1. | 2. | 3. |
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Smart Snacks for the Road! Now plan three snacks you can grab and go if you are on the run. These snacks could be stored in your backpack to enjoy at school, before sports practice, or while walking home from school.

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| 1. | 2. | 3. |
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Credits: Developed by the Montana Team Nutrition Program (406)-994-5641. Adapted from the Penn State Nutrition Department for the Pennsylvania Dept. of Education, Lesson 34 of *Everyday Lots of Ways* Resource, 1996.

SUPER SNACKS

Smart snacking is as easy as **1,2,ENJOY!**

Choose at least two different items from the Food Guide Pyramid groups (grains, fruits, vegetables, dairy products, and protein). Children need nutritious snacks to enjoy an anytime boost for a high-energy day. Kids can create their own favorite snack combos ~ or try one of these super duper snackaroos!

- 😊 Popcorn rice cakes & slices of cheddar cheese.
- 😊 Trail mix & 100% juice box.
- 😊 Yogurt with a piece of fruit.
- 😊 Blueberry muffin and string cheese
- 😊 Cereal (try whole-grain) and sliced fruit
- 😊 Half or whole meat/cheese/peanut butter sandwich.
- 😊 Fresh fruit and graham crackers
- 😊 Beef Jerky and orange quarters.
- 😊 Apples with peanut butter
- 😊 Cheese and crackers and baby carrots.
- 😊 Slice of leftover pizza and canned fruit.

TRY 'EM ~ YOU'LL LIKE 'EM!

These smart snack tips were brought to you by:

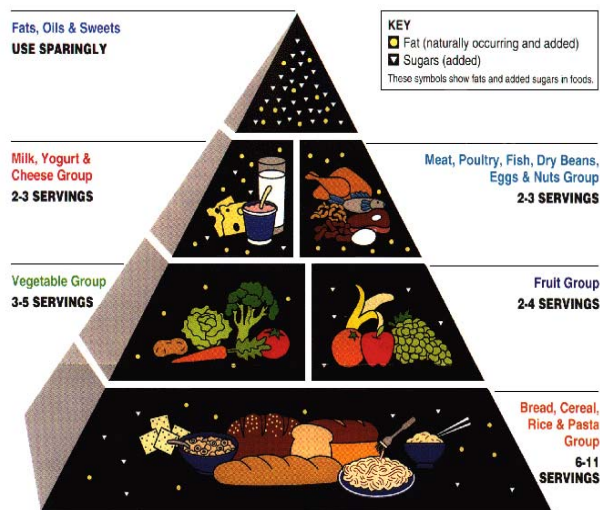
and the
Montana Team Nutrition Program



WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of:

- * active living*
- * pleasurable and healthful eating*
- * positive self-image.*

Make Snacks Count



Choose foods daily from each of the five food groups.

WIN Wyoming is coordinated through
 Family & Consumer Sciences -
 University of Wyoming Cooperative Extension Service.
 To access this handout or more
 information, go to www.uwyo.edu/winwyoming.

At School Snack Ideas

Students:

Need a Snack?

Snacks at school should be:

- ✓ Tasty
(so you enjoy them)
- ✓ Quiet
(you won't disturb your neighbor)
- ✓ Neat
(you won't mess up your desk)
- ✓ Good for You!
(to help you learn at your best)
- ✓ Kept cold if needed



Milk

Pudding cups Cheese cubes
 String cheese Yogurt
 Flavored milk
 Squeezable yogurt
 Cheese-n-crackers

Milk helps build strong bones and teeth.

Fruits and Vegetables

100% fruit juice
 Fruit cups
 Vegetables and dip
 Fresh fruit
 Salsa & chips
 Dried fruit
 Pre-cut veggies
 Pre-packed salad
 Applesauce



Fruits and vegetables help you see in the dark and help cuts heal.

Grains

Mini muffins	Rice cakes	Ramen noodles
Bread sticks	Popcorn	Cup-of-soup
Cereal	Cereal mix	Toaster pastries
Graham crackers	Bagel chips	
Animal crackers	Cereal bars	
Granola	Fish-shaped crackers	
Pretzels		
Bagels		
Peanut butter & cracker packages		
Whole grain crackers		



Grain group foods help give you the energy you need.

Meat

Bean dip	Nuts
Trail mix	Beef Jerky
Pouch ready mix tuna or chicken	
Single-serving peanut butter	
Pop-top cans of chili, spaghetti or ravioli	



Meat group foods help you grow and build strong muscles.



Healthy habits are formed at home and school. Be a positive role model with food and lifestyle choices. Instead of low-nutrient food for fund-raising efforts, consider these ideas:

Sales Ideas:

Handmade laminated place-mats
Note cards
Wrapping paper
Pencils
Bookmarks
Book covers
Stickers
Phone cards
T-shirts or hats with school name
Crafts

Sales Ideas:

Halloween costumes
Buttons with student photos
Washable tatoos
Seasonal decorations (wreaths/pumpkins)
Recycled aluminum
Flower seeds
Magazines
ID Cards with fingerprints
Wild cards

Other Ideas:

Outdoor Pet Wash
"No-bake" Sale
Family Fun Night
Raffles
Chili Supper
Book Fair
Car Wash
"Student-for-hire" Day
Singing Grams

Pledge Ideas:

Trashwalk
Bike-a-thon
Walk-a-thon

Competitions:

Donkey Basketball
Parent v. Student Challenge
Sports Clinics
Basketball Tourney
Variety Nights

At home Snack Ideas

Food is what kids want when they walk in the door!
Stock the kitchen with a variety so there's always something quick to fix.



Milk

Yogurt
Yogurt parfait (yogurt, cereal & fruit)
Cheese and crackers
Squeezeable yogurt
Flavored milk
String cheese
Cafe latte
Smoothies
Cottage cheese
Hot chocolate
Pudding
Instant Breakfast

Fruits and Vegetables

Walking salad: lettuce leaves with peanut butter, cheese spread, cream cheese rolled up with raisins, green peppers, or carrots

Carrots and celery	Jicama sticks	Applesauce
Frozen juice (slushy)	100% fruit juice	Canned fruit
Vegetable juice	Grape tomatoes	Fresh fruit
Dried cranberries	Apples with peanut butter	
Salsa & Chips	Frozen Ready-to-eat Stir Fry	
Pre-cut veggies	100% juice popsicles	
Microwave-baked potatoes and sweet potatoes		

Grains

Ramen noodles	Cheese toast	Cinnamon toast
Rice cakes	Cup-of-soup	Popcorn
Tortilla wraps	Waffles	Cereal and milk
Bagel bites	Rice Cakes	Raisin toast
Pizza	Whole Grain Crackers	
Microwaveable bowls: mac & cheese, rice		
Tortilla w/bean dip & tomatoes		
Pita pocket w/cheese and vegetables		
Bagel and cream cheese		

Meat

Nachos	Peanut butter sandwich
Quesadillas	Hard cooked eggs
Deli meat	Pizza Rolls
Beef jerky	Nuts
Frozen pizza	Hot Pockets

DOG BONES

SERVES 6



NAME _____

WE READ _____

and make **Dog Bones** that people beg for.

1. Gather the ingredients.

1/2 cup peanut butter

1/2 cup dry milk

1 tablespoon honey

2 tablespoons graham cracker
crumbs, finely crushed



2. Mix in a bowl

1/2 cup peanut butter

 1/2 cup dry milk



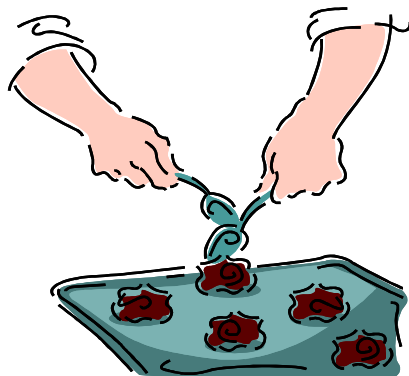
3. Add

1 tablespoon honey

Mix very well.



4. Divide dough into 6 pieces.



5. Mold each piece into the shape of a dog bone.



6. Sprinkle graham cracker crumbs on both sides.

